



## PERSONAL QUARANTINE PLAN

**Requirements for travelling to the place of quarantine after testing negative at point of entry from the Federal government:**

<https://travel.gc.ca/travel-covid/travel-restrictions/flying-canada-checklist#completing-quarantine>

<https://travel.gc.ca/travel-covid/travel-restrictions/isolation#quarantine>

<https://travel.gc.ca/travel-covid/travel-restrictions/flying/covid-19-testing-travellers-coming-into-canada#getting-tested>

<https://travel.gc.ca/travel-covid/travel-restrictions/flying/covid-19-testing-travellers-coming-into-canada#day-10-test>

**Test-kit video:**

<https://www.switchhealth.ca/en/individuals/home-kits/covid-test/#video>

**Link regarding having had COVID-19 and travel to Canada:**

<https://travel.gc.ca/travel-covid/travel-restrictions/flying/covid-19-testing-travellers-coming-into-canada>

### Contact Information

Name: \_\_\_\_\_

Cell No.: \_\_\_\_\_ Email: \_\_\_\_\_

Country/Canadian Province of Origin: \_\_\_\_\_

### Pre-departure to Canada and Nova Scotia

Results 72-hours negative Covid-19 molecular test:  Yes  No

Download [ArriveCAN](https://arrivecan.cbsa-asfc.cloud-nuage.canada.ca/privacy) app (<https://arrivecan.cbsa-asfc.cloud-nuage.canada.ca/privacy>) to submit your quarantine plan to the Government of Canada within a 48-hour window before arriving in Canada.

Arrival Date in Canada: \_\_\_\_\_ Arrival Time: \_\_\_\_\_

Arrival Location:  Vancouver, BC  Calgary, AB  Toronto, ON  Montreal, PQ

Airline: \_\_\_\_\_ Flight No: \_\_\_\_\_

**NOTE:** Upon arrival at the Canadian airport, you will be required to take a Covid-19 molecular test before leaving the airport to go to the mandatory Government Authorized Accommodation (GAA) for a minimum 3-night stay while you await this Covid-19 molecular test result before you can travel to Nova Scotia.

<https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/latest-travel-health-advice/mandatory-hotel-stay-air-travellers/list-government-authorized-hotels-booking.html>

Pre-booked Reservation No.: \_\_\_\_\_ Hotel Name: \_\_\_\_\_

Pre-paid Hotel Receipt: \_\_\_\_\_

Pre-booked hotel transportation from Airport to Hotel:  Yes

Pre-booked hotel transportation from Hotel to Airport for flight to Nova Scotia:  Yes

### DOCUMENTS TO ENTER CANADA

You will be required to present the documents listed below to the Canada Border Services Agency (CBSA) Officer when going through Canadian customs and immigration. Make sure to have the following in your carry-on bag:

- |   |  |
|---|--|
| <input type="checkbox"/> Passport       | <input type="checkbox"/> Results of negative COVID-19 molecular test                                 |
| <input type="checkbox"/> Study Permit   | <input type="checkbox"/> NSCECE Official Letter of Acceptance  |
| <input type="checkbox"/> Support Letter | <input type="checkbox"/> Print Personal Quarantine Plan and e-mail to<br><i>admissions@nscece.ca</i> |

### Pre-departure to Nova Scotia

Arrival Date in Nova Scotia: \_\_\_\_\_ Arrival Time: \_\_\_\_\_

Vancouver, BC  Calgary, AB  Toronto,  ON  Montreal, PQ

Airline: \_\_\_\_\_ Flight No: \_\_\_\_\_

**NOTE:** Upon arrival at the Halifax airport, you will be required to go to the one of the Designated Learning Institute's Authorized Accommodations for the remainder of the 14-day mandatory quarantine (self-isolation) period.

Pre-booked Reservation No.: \_\_\_\_\_ Hotel Name: \_\_\_\_\_

Pre-paid Hotel Receipt: \_\_\_\_\_

Pre-booked Transportation Airport to Hotel:  Yes

Transportation Name: \_\_\_\_\_

Pre-paid Transportation Receipt No.: \_\_\_\_\_

### Arrival in Nova Scotia

To enter Nova Scotia everyone must complete the online *Nova Scotia Safe Check-In* form in advance so that provincial government officials can confirm that you are following the law. You must show proof on an electronic device at the border that you have completed and submitted the form.

<https://novascotia.ca/coronavirus/travel/#self-declaration>

**NOTE:** Leave this question blank. "When do you plan to leave Nova Scotia?"

Once you are self-isolating in Nova Scotia you need to update the online *Nova Scotia Safe Check-In* form each day of your self-isolation period. In addition, you will be required to have virtual meetings with a college representative during this self-isolation period.

**Transportation:** The transportation services must take you directly from the Halifax airport to a Covid-19 compliant hotel. Use one of the following Covid-19 compliant transportation services.

- Halifax Airport Taxi Service [www.halifaxairportlimotaxis.com/contact.php](http://www.halifaxairportlimotaxis.com/contact.php)
- World Class Transportation <https://www.nslimo.ca>

**Hotels:** Use one of the following Covid-19 compliant hotels.

- The Lord Nelson Hotel & Suites <https://lordnelsonhotel.ca>
- Hilton Garden Inn <https://www.hilton.com/en/hotels/yhzhggi-hilton-garden-inn-halifax-airport>
- Homewood Suites <https://www.hilton.com/en/hotels/yhzhdwhw-homewood-suites-halifax-downtown-nova-scotia-canada>
- The Westin Nova Scotia <https://www.marriott.com/hotels/travel/yhzwi-the-westin-nova-scotian>

**Food:** Unless you will be provided with meals at your quarantine location, you may order food from restaurants, or have groceries delivered (this assumes you have a private kitchen). Three large grocery stores carry a wide variety of food and health care products. Credit cards are required to purchase food online.

- Atlantic Superstore <https://www.atlanticsuperstore.ca/online-grocery-shopping>
- Sobeys [https://www.sobeys.com/en/flyer/?gclid=CjwKCAjwrvv3BRAJEiwAhwOdM02\\_nN4LeHsYq6tSw-rgIz7JzPoSKnJr9mclJBPKLWgSZROXe6vIAQRoCy9gQAvD\\_BwE](https://www.sobeys.com/en/flyer/?gclid=CjwKCAjwrvv3BRAJEiwAhwOdM02_nN4LeHsYq6tSw-rgIz7JzPoSKnJr9mclJBPKLWgSZROXe6vIAQRoCy9gQAvD_BwE)
- Walmart <https://www.walmart.ca/en>

There are many options in Halifax for take-out restaurant meals and delivery services.

- Discover Halifax lists Halifax restaurants that are currently open.  
[https://discoverhalifaxns.com/handpickedhalifax/?gclid=CjwKCAjwrvv3BRAJEiwAhwOdMx\\_fySTyFR2ZOXTUNhaxLCDiHA1x7kyyRx9DSy8mQVGT5Z4mtV7JWWhoCvIsQAvD\\_BwE](https://discoverhalifaxns.com/handpickedhalifax/?gclid=CjwKCAjwrvv3BRAJEiwAhwOdMx_fySTyFR2ZOXTUNhaxLCDiHA1x7kyyRx9DSy8mQVGT5Z4mtV7JWWhoCvIsQAvD_BwE)
- Tourism Nova Scotia lists stores and companies that are currently open for business.  
<https://www.novascotia.com/>

### Food delivery providers in Halifax:

- Skip the Dishes  
[https://www.skipthedishes.com/?gclid=CjwKCAjwrvv3BRAJEiwAhwOdM43n53GdaP2GAnzI7\\_6Z0nME2hb3jOfQ0H2fuKQM6Gd1txRsazi2lBoCu7sQAvD\\_BwE](https://www.skipthedishes.com/?gclid=CjwKCAjwrvv3BRAJEiwAhwOdM43n53GdaP2GAnzI7_6Z0nME2hb3jOfQ0H2fuKQM6Gd1txRsazi2lBoCu7sQAvD_BwE)
- Door Dash  
[https://www.doordash.com/?ignore\\_splash\\_experience=true&utm\\_source=Google&utm\\_medium=SEMB&utm\\_campaign=CX\\_CA\\_SE\\_SB\\_GO\\_ACQ\\_1490XX\\_2038387601\\_+BR\\_ACQ\\_INMKT\\_GenDeliveryxx\\_EVG\\_CPAX\\_EXA\\_Y0333\\_EN\\_EN\\_X\\_DOOR\\_GO\\_SE\\_TXT\\_CAHalifax&utm\\_term=doordash&utm\\_content=68855785181&kclickid=k\\_CjwKCAjwrvv3BRAJEiwAhwOdM3YCKfRs32H-2wR5TTiIM4ZnpQMBYLLlrug4pW738sPT189OysgNXxoCsnsQAvD\\_BwE\\_k&utm\\_adgroup\\_id=68855785181&utm\\_creative\\_id=426502645093&gclid=CjwKCAjwrvv3BRAJEiwAhwOdM3YCKfRs32H-2wR5TTiIM4ZnpQMBYLLlrug4pW738sPT189OysgNXxoCsnsQAvD\\_BwE](https://www.doordash.com/?ignore_splash_experience=true&utm_source=Google&utm_medium=SEMB&utm_campaign=CX_CA_SE_SB_GO_ACQ_1490XX_2038387601_+BR_ACQ_INMKT_GenDeliveryxx_EVG_CPAX_EXA_Y0333_EN_EN_X_DOOR_GO_SE_TXT_CAHalifax&utm_term=doordash&utm_content=68855785181&kclickid=k_CjwKCAjwrvv3BRAJEiwAhwOdM3YCKfRs32H-2wR5TTiIM4ZnpQMBYLLlrug4pW738sPT189OysgNXxoCsnsQAvD_BwE_k&utm_adgroup_id=68855785181&utm_creative_id=426502645093&gclid=CjwKCAjwrvv3BRAJEiwAhwOdM3YCKfRs32H-2wR5TTiIM4ZnpQMBYLLlrug4pW738sPT189OysgNXxoCsnsQAvD_BwE)